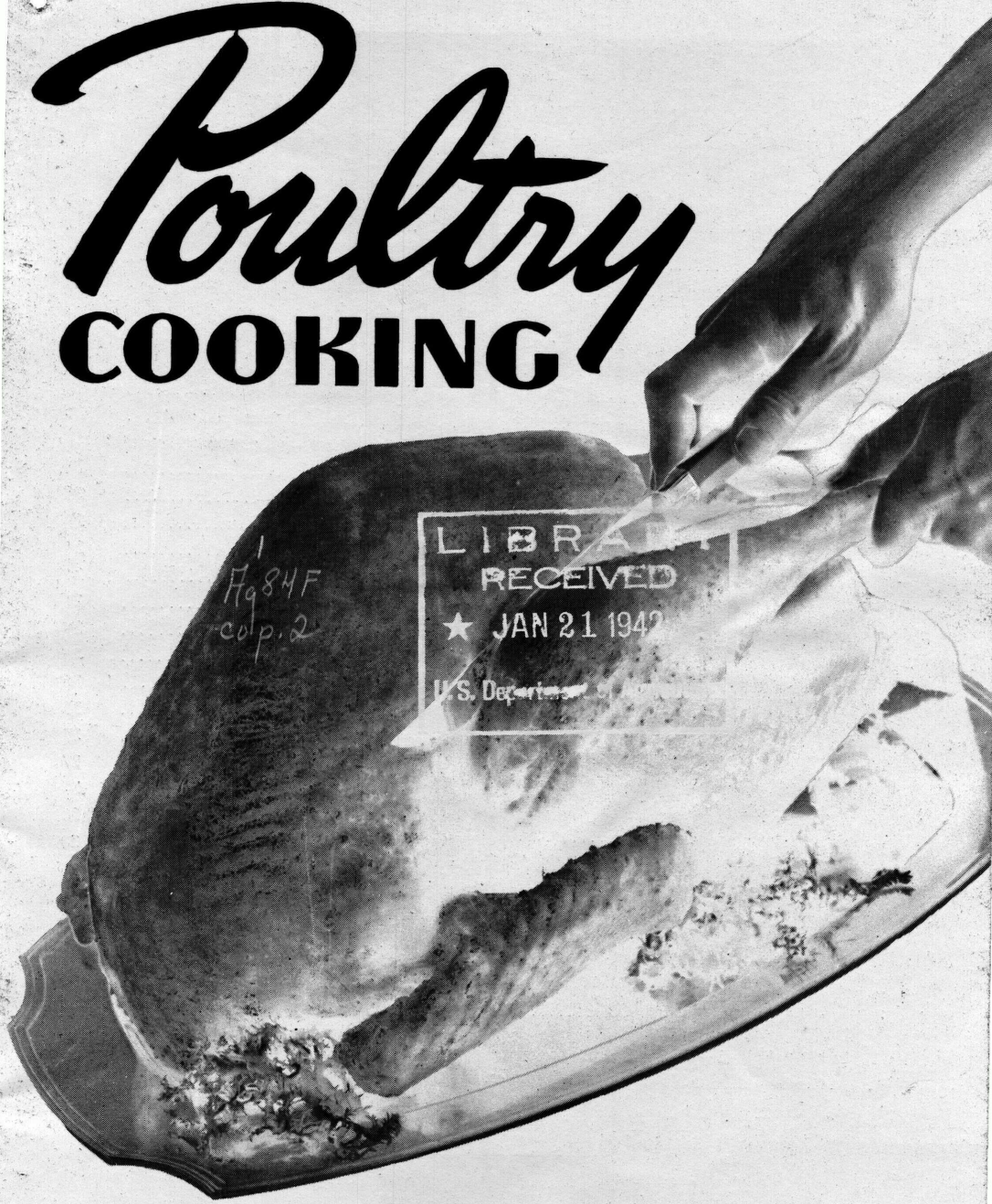


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# Poultry COOKING



FARMERS' BULLETIN NO. 1888  
U.S. DEPARTMENT OF AGRICULTURE

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This bulletin supersedes the eight-page unnumbered folder of the same title previously, issued by the Bureau of Home Economics.

### II

# POULTRY COOKING

by

LUCY M. ALEXANDER, Associate home economics specialist<sup>1</sup>

**T**HE RULES of modern poultry cooking are few and easy to follow. Cook at moderate heat so the meat will be juicy, tender, and evenly done to the bone, is rule No. 1. It holds for birds of all ages and kinds from the spring chicken to the old hen sent to market when she ceases to pay her way in eggs. Turkeys—young toms and hens, and the older heavier birds—ducks, geese, guineas, even the succulent squab, have most food value and greatest appeal on the plate when cooked at moderate heat. Modern ranges with heat-control devices and thermometers to register cooking temperatures are aids in making the most of this valuable protein food, whether home-grown or bought on the market.

Intense heat hardens and toughens the protein of poultry as of any other meat, shrinks the muscle, and drives out juice. With such fast and furious cooking, the losses are high. Moderate heat, on the other hand, is economical of both meat and fuel. Though the cooking times are longer, there is actually more meat to serve, with more juice and flavor retained.

Rule No. 2 is: Vary the cooking method according to the age and fatness of the bird. For young, tender, well-fatted birds broiling, frying, and open-pan roasting are best. For young birds that are very lean and for full-grown birds past their prime for roasting but not yet in the stewing class, braising in a covered roaster or a casserole makes them tender and savory. The very old birds need long, slow cooking in water or steam to make them tender all through. Then they may be fricasseed, creamed, curried, or made the base for many a dish, hot or cold.

These two general principles—cooking at moderate temperature and cooking according to the age and fatness of the bird—hold for fresh-chilled, frozen, and home-cured smoked poultry. No distinction is made between fresh-chilled and frozen-thawed birds in this bulletin, but smoked poultry is drier, and special directions are given for cooking it.

Poultry is a very perishable food that must be kept cold when raw and quickly chilled after cooking if it is not to be eaten at once.

Throughout this bulletin, the term "dressed weight" means that the bird has been picked but not drawn and that the head and feet have not been cut off. The drawn weight of a bird is, on an average, about one-fifth less than the dressed weight.

<sup>1</sup> Appreciation is expressed to Jessie C. Lamb, under scientific aide, and to Fanny Walker Yeatman, junior home economics specialist, for their assistance in the preparation of recipes.



## BROILING

**T**O BROIL chicken or other young birds, have the heat of the broiler moderate for slow, even cooking. There are various ways of regulating the heat, according to the type of range. In a flame-type broiler equipped with a thermostat, regulate the flame by hand after setting the thermostat at its highest point to prevent its functioning at this time. If the broiler is deep enough, place the broiler pan so that the meat is 5 or 6 inches from the flame. The heat may be further reduced by opening the door of the broiler.

In broiling over charcoal or live coals the heat can only be regulated by placing the food rack far enough from the fire to permit slow cooking.

With the usual electric range, variations in broiling temperature are obtained best by placing the broiler pan at different distances from the heating element with the broiler door ajar or opened completely.

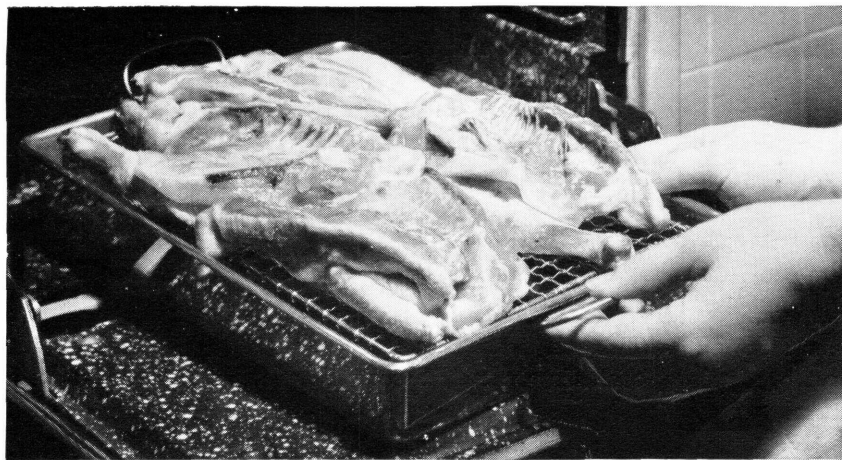
### Broiled Chicken

For broiling, select a plump young chicken approximately 8 to 12 weeks old and weighing not over 2½ pounds dressed. The smaller sized broilers are often split down the back only and cooked whole with or without the breastbone. Larger birds are split down the back and breastbone, so that each half makes a serving. Breaking the joints and removing the wing tips makes broiled chicken easier to manage on the plate.

Before cooking the chicken wipe it as dry as possible. Then coat it with melted fat and sprinkle with salt and pepper. As to sprinkling with



To broil chicken, coat with melted fat, sprinkle with salt and pepper, and if desired lightly dust with flour before placing in the broiler.



Always start the broiling with the skin side away from the heat.

flour also, there are two schools of thought. Some cooks like to flour lightly; some prefer to use only fat, with salt and pepper to season.

Always start cooking the chicken with the skin side away from the heat. Remember to keep the heat very moderate and to have the meat several inches from the flame or heating element. Turn the chicken several times as it browns, and baste frequently with the pan drippings or with other melted fat. A 2-pound chicken (dressed weight) when broiled at moderate heat will probably need from 35 to 45 minutes to cook evenly to the bone.

If more convenient, cook the chicken partly done in the broiler and finish in a moderate oven (300° to 350° F.), or start it in a moderate oven and finish under the broiler.

Serve broiled chicken hot off the grid, with the pan drippings or melted fat poured over it. Garnish with toast points and a sprig of green.

## Broiled Stuffed Turkey

Select a fat young turkey, approximately 12 weeks old and weighing from 3 to 5 pounds dressed. Split down the back, remove the breastbone, and divide the bird in half. To remove drumstick and thighbones, cut the skin on the side next to the body and take out the bones carefully, disturbing the flesh as little as possible. Cut the wing off at the "elbow" joint. Remove the bone from the wing stump by cutting the skin on the side next to the body. The backbone and the ribs may be left in place to help hold the turkey halves in shape.

Prepare savory stuffing (p. 9) on the basis of 3 cups of bread crumbs for a 4-pound turkey. Into boned legs and wings put a spoonful of stuffing and sew or skewer neatly to the body. Then coat the turkey halves with melted fat, sprinkle with salt and pepper, and, if desired, dust with flour.

Start with skin side away from the heat, and—as with a chicken—turn

and baste the turkey frequently during broiling. Allow 60 to 75 minutes for a 4-pound turkey. When nearly done, turn the turkey halves skin side down on the broiler rack and fill each cup-shaped half with stuffing, patted into place. Return to the broiler to finish cooking the meat and to brown the stuffing. Serve broiled turkey on a hot platter, skin side up, browned stuffing underneath.

## Broiled Squab, Guinea, Duckling

Plump squabs, young guineas, and ducklings are all broiled like chicken and young turkey. The same rules hold: Cook with moderate heat; start skin side away from heat; turn frequently; baste with melted fat or pan drippings; cook slowly until thoroughly done; serve at once on a hot platter.

## Timetable for Broiling

Although the time required for broiling differs with the weight and thickness of the bird, the following timetable will serve as a basis for estimating the cooking time:

<i>Bird</i>	<i>Dressed weight of bird, pounds</i>	<i>Time, minutes</i>
Chicken.....	2	35-45
Turkey.....	4	60-75
Squab.....	$\frac{3}{4}$ -1	30-40
Guinea.....	1-1 $\frac{1}{2}$	35-45
Duckling.....	2-2 $\frac{1}{2}$	35-45

## FRYING

**F**OR FRYING, select a plump young chicken approximately 14 to 20 weeks old and weighing between 2  $\frac{1}{2}$  and 3  $\frac{1}{2}$  pounds dressed. Other young birds can be fried in the same way as chicken.

## Chicken Fried in Shallow Fat

To pan-fry chicken, disjoint and cut it into portions suitable for serving. The number of pieces depends on the weight of the bird and the number of persons to be served. Before cooking, wipe the pieces of chicken as dry as possible, season with salt and pepper, and roll in flour. Or dip in slightly beaten egg diluted with a tablespoon of water or milk and then roll in very fine dry bread crumbs or in corn meal.

Have ready a thick frying pan with a half inch or more of fat—hot but not smoking. Put the thickest pieces of chicken in the pan first. Leave space for the fat to come up around each piece; do not crowd. Cover the pan to keep the fat from spattering. Cook at moderate heat, and turn when brown. The thickest pieces of a 3-pound chicken (dressed weight) usually need from 20 to 25 minutes to cook done to the bone if fried entirely

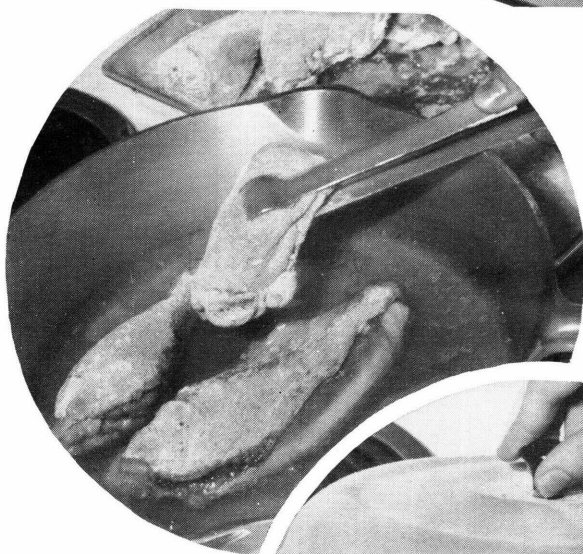




Season and roll in flour.

## FRIED CHICKEN

(Shallow fat)

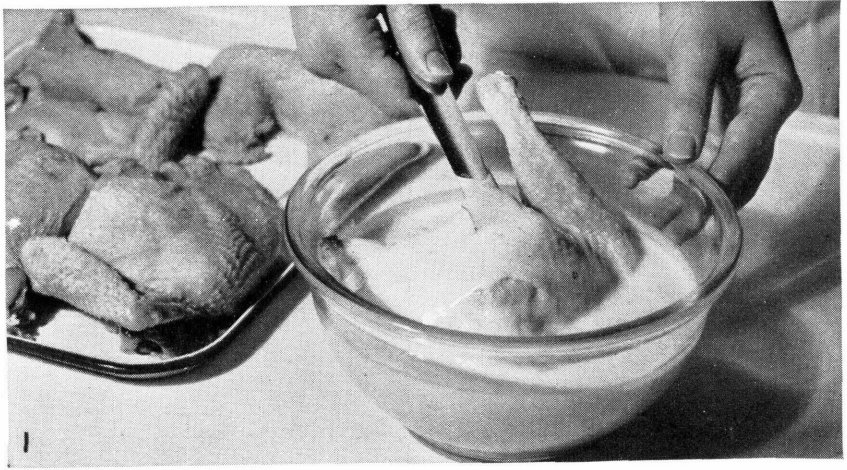


Place in a thick frying pan with a half inch or more of hot fat.

Cover, keep the heat moderate, turn the pieces when brown. Cook thoroughly, finishing in the oven if desired.



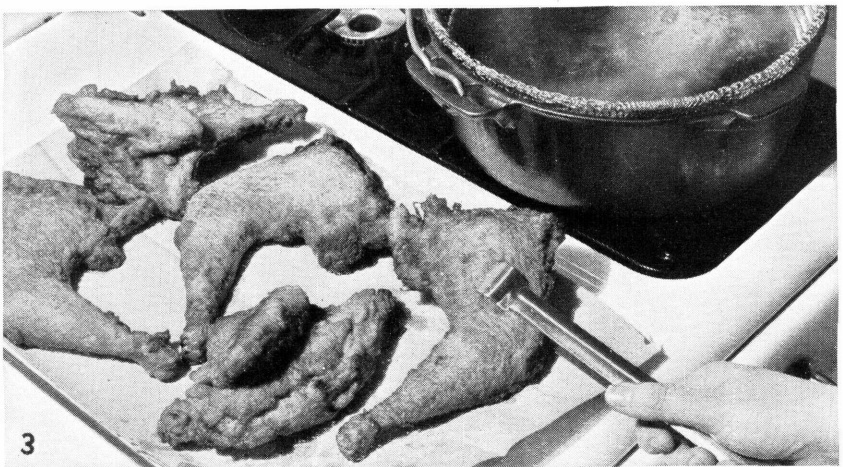
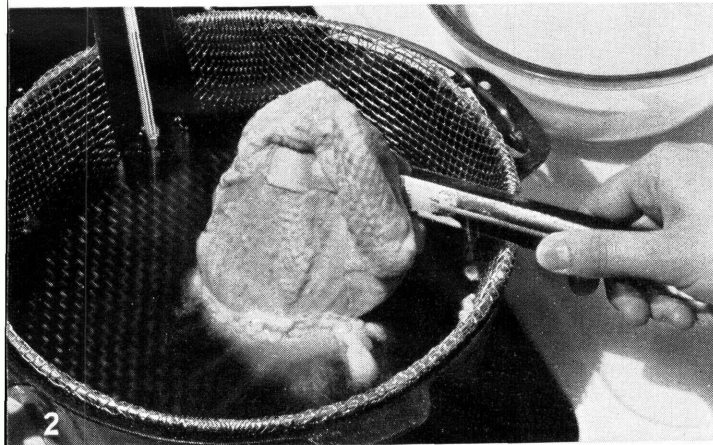




## FRIED CHICKEN

(Deep fat)

- 1—Dip in a thin batter for flavor and a crisp crust.
- 2—In hot fat cook at 300° to 325° F.
- 3—Cook in fat until done to the bone or, after browning lightly, finish in oven.



on top of the range. To keep fried chicken hot after it is cooked, lay the pieces on absorbent paper to drain; then place in a heated pan or crock.

A particularly good method when frying several birds, or when pan space is limited, is to remove the pieces from the frying pan before they are entirely done and finish in a moderate oven (300° to 350° F.).

## **Cream Gravy**

For cream gravy to serve with the fried chicken, mix 2 tablespoons of flour with 2 tablespoons of the drippings and all the little brown bits in the frying pan, add gradually with constant stirring 1½ cups of cold milk and cook slowly until smooth and thickened. Season to taste and serve hot.

## **Chicken Fried in Deep Fat**

To French-fry chicken, cut the bird into quarters or into more pieces if desired, according to the weight of the chicken and the number of persons to be served. Break the joints so that pieces will cut apart easily when cooked. Before cooking the chicken dip it in a thin batter to add flavor, and make a crust that keeps the meat from drying out. Good proportions for batter are 1 egg, ¼ cup milk, 1 cup sifted flour, and ½ teaspoon salt. Or dip in egg and bread crumbs and allow to dry before cooking.

Have ready a deep kettle of hot fat—any fat suitable for deep frying—heated to 350° F., and enough of it to cover the chicken without overflowing the kettle. A deep-fat thermometer clipped to the side of the kettle is a great help in getting the fat to the right temperature.

Lower the chicken, piece by piece, into the hot fat, being careful not to overcrowd the kettle. The temperature of the fat immediately drops below 350° F. when the raw chicken is put in. Regulate the heat so as to fry the chicken at 300° to 325° F. With the fat this temperature, a quarter of a 2½-pound chicken (dressed weight) will probably need from 10 to 15 minutes to cook done to the bone. Lay the cooked pieces on absorbent paper to drain and keep them hot in a heated pan or crock until served. Some cooks prefer to take out the pieces when they are very lightly browned, drain them on absorbent paper, and finish in a moderate oven (325° F.) for 20 to 30 minutes.

## **Fried Turkey Steak**

With the newer methods of marketing turkeys, steaks cut from ½ to 1 inch thick from the breast of large-sized young birds are becoming popular. Before cooking the steaks, season with salt and pepper, and roll in flour, or dip in egg and crumbs. Brown the turkey steaks in about ½ inch of fat, cover, and steam until tender, or for about 30 to 45 minutes, depending on the thickness of the steak. Or if preferred, pound the turkey steaks almost wafer thin before seasoning and cooking. Steaks so flattened usually need only 15 to 20 minutes of steaming after they have been browned in fat.

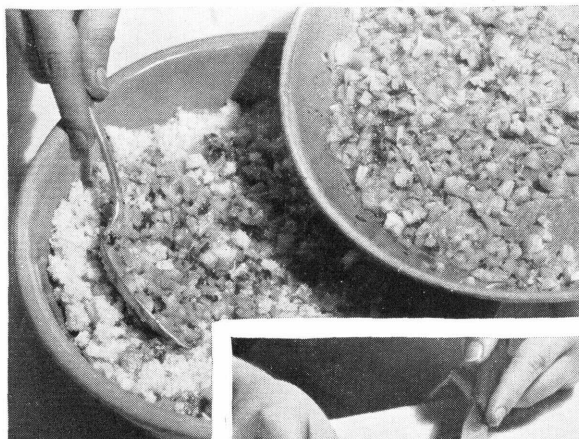
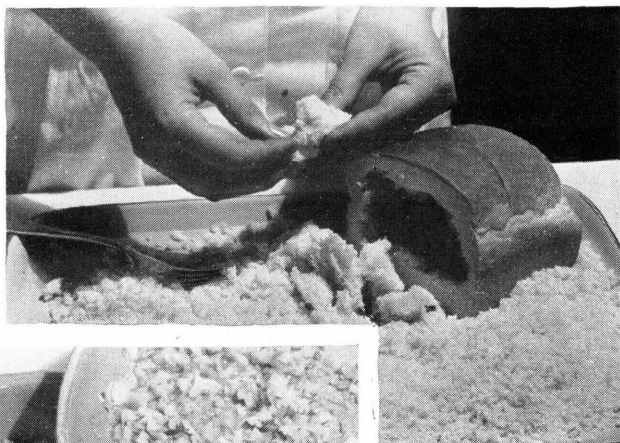
Drain fried turkey steaks on absorbent paper and serve with cream gravy.



## STUFFINGS

**ALL** POULTRY stuffings are built on the same general pattern. First, there is a starchy base: bread crumbs—white, brown, or corn—or flaky boiled rice, or well-seasoned mashed potatoes. Second, melted butter or some other good-flavored fat is added for richness. Then comes the seasoning. Among the herbs savory, sweet marjoram, thyme, and sage are favorites. There are also the seasoning vegetables—celery, parsley, and onion. Other interesting additions to stuffing are nuts, oysters, mush-

For the dryish type stuffing, fork out the inside of a loaf of bread and pick apart into crumbs of even size.



To the crumbs add celery, parsley, and onion, cooked in the fat.

For extra stuffing cooked separately, add an egg and broth, place in greased pan, brown in the oven.



rooms, dried apricots or prunes, raisins, sausage, diced salt pork fried crisp, and tart apple cubes candied with sugar.

Stuffings are either dryish, that is, made of medium-dry crumbs without milk or water, or they are of the moist type built on a foundation of rice, potatoes, apples, or of bread crumbs with added liquid. Both kinds have their points.

To make good crumbs for the dryish type of stuffing, use medium-dry bread—2 or 3 days old. Cut each loaf in two and “fork” out the inside, leaving the crusts. (See picture.) Pick the pieces of bread apart with the tips of the fingers, until all the crumbs are fine and are even in size. If crumbs are prepared in advance of using keep them in a covered container in a cold place.

## Guide to Quantities

In making stuffings there are no hard and fast rules. As a starting point, however, the following are good proportions: 1 cup of crumbs or boiled rice; 1 to 1½ tablespoons of fat—depending on how much natural fat the bird contains; about ¼ cup of chopped celery and parsley; a very little onion; seasoning herbs to taste—always in moderation, just enough for bouquet. Suit the amount of onions and the herb seasonings to the other ingredients, toning them down when delicately flavored oysters or mushrooms are among the ingredients.

In planning a stuffing, figure the quantity of starchy base from the dressed weight of the bird. For every pound of bird, count 1 cup of crumbs; then, if the bird weighs 10 pounds or less, subtract 1 cup from the total; if the bird weighs more than 10 pounds subtract 2 cups from the total. For example, allow 4 cups of crumbs for a chicken that weighs 5 pounds dressed and 12 cups of crumbs for a turkey weighing 14 pounds dressed. Ordinarily a 1-pound loaf of white bread 2 or 3 days old makes about 4 cups, or 1 quart, of light fluffy crumbs without crusts. Since rice stuffing swells considerably, use 1 cup less of boiled rice than of bread crumbs in any recipe.

In the following recipes, quantities are given according to birds of a certain weight. Each stuffing may be used with birds of different sizes and kinds, but quantities must be adjusted accordingly.

### Savory Stuffing

(10- to 12-pound turkey)

¾ cup butter or other fat	2 to 2½ quarts bread crumbs
1 pint chopped celery	1 to 2 teaspoons savory seasoning
½ cup chopped parsley	1 to 2 teaspoons salt
1 small onion chopped	Pepper to taste

In the melted fat cook the celery, parsley, and onion for a few minutes. Add to the bread crumbs and dry seasonings and stir all together.

If desired, add nuts—chestnuts, hazlenuts or filberts, pecans, pine nuts,



or blanched almonds. To prepare chestnuts, boil them in water to cover for 15 minutes, and peel off the shells and brown skin with a sharp knife while the nuts are still hot.

## Oyster Stuffing

(10- to 12-pound turkey)

1½ pints oysters	2 to 2½ quarts bread crumbs
¾ cup butter or other fat	½ teaspoon savory seasoning
⅛ cup chopped parsley	¼ teaspoon celery seed
1 tablespoon chopped onion	1 to 2 teaspoons salt

Heat the oysters gently for a few minutes; then drain off all the liquor. In the melted fat, cook the parsley and onion for a few minutes, then add these ingredients and the drained oysters to the bread crumbs and dry seasonings.

## Celery Stuffing

(10- to 12-pound goose)

½ cup butter or other fat	1 teaspoon celery seed
1 cup chopped parsley	½ teaspoon savory seasoning
1 cup chopped onion	1 to 2 teaspoons salt
2 quarts bread crumbs	Pepper to taste
1 quart chopped celery (mixed stalks and tops)	

In the melted fat cook the parsley and onion for a few minutes and add to the bread crumbs, raw celery, and seasonings.

## Corn-Bread Stuffing

(5-pound chicken)

6 tablespoons butter or other fat	1 quart corn-bread crumbs
¾ cup chopped celery	¼ to ½ teaspoon thyme
¼ cup chopped parsley	½ to 1 teaspoon salt
1 small onion chopped	Pepper to taste

In the melted fat cook the celery, parsley, and onion for a few minutes. Add to the corn-bread crumbs and dry seasonings and stir all together.

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Corn-bread stuffing is particularly good with a braised fowl, and it is frequently desirable to make extra stuffing—baked outside the bird. To make extra stuffing, double the above recipe, fill the bird, then to the remainder of the stuffing add an egg, and moisten with broth. Drop by spoonfuls into a greased pan, brown in a hot oven or fry in cakes, and serve immediately with the fowl.

## Salt-Pork Stuffing

(Two 2-pound guineas)

¼ pound salt pork	1 cup chopped parsley
1 quart bread crumbs	1 small onion, chopped
1 cup chopped celery	Salt and pepper to taste

Select mild salt pork containing strips of lean meat; wash off the loose salt, cut into small pieces, and fry until crisp. Remove the cracklings (the crisp pieces of meat and fat) and add to the bread crumbs. In the pan drippings cook the celery, parsley, and onion for a few minutes and add to the crumbs and cracklings. Season to taste.

## Rice and Apricot Stuffing

(5-pound duck)

3 tablespoons butter or other fat	3 cups flaky, boiled rice
1 cup chopped celery (mixed stalks and tops)	½ teaspoon savory seasoning
1 sprig parsley, chopped	Salt to taste
1 small onion, chopped	¼ pound dried apricots

In the melted fat cook the celery, parsley, and onion for a few minutes. Add to the rice and dry seasonings. Wash and dry the apricots—which should be plump and tender—then cut into strips with scissors, and mix with the rice and seasonings.

## ROASTING

**SELECT A YOUNG**, well-fatted bird for roasting. Marks of youth in birds are flexible cartilage on the rear end of the breastbone, tender skin, soft meat, few hairs, and soft, smooth feet. In young ducks and geese the windpipe is flexible, and easily squeezed and moved. Chickens in the roasting class are generally 5 to 9 months old, depending on the breed; capons, 7 to 10 months; and turkeys, 5 to 9 months. Guineas are good for roasting when 5 to 10 months old and geese when 5 to 11 months old. Farm ducks are right for roasting when 4 to 9 months old. "Green" ducks—the kind sold on a commercial scale—are much younger, only 10 to 12 weeks old. Female birds that have started to lay eggs are not suitable for roasting. (See Braising.)

Marks of high quality in a roasting bird are a well-rounded body, a well-fleshed breast, a good coating of fat under the skin, few blemishes, and few pinfeathers. For a bird to look well and carve well on the table, good shape is important. It should have no deformities such as very crooked breast.

As to size of bird, when selecting turkey allow for each person to be served ¾ to 1 pound dressed weight; chicken or guinea, about 1 pound

dressed weight; fat duck or goose 1½ pounds dressed weight. It is economical to buy a larger bird than needed for one meal or even two, because the larger the bird, the greater the yield of meat in proportion to bone. Moreover, roasted birds are excellent for slicing cold, and left-over tidbits can be quickly turned into a variety of appetizing dishes, hot or cold.

## Grooming the Bird

Once the bird is selected, see that it is drawn properly and well groomed all over, so that it will appear at its best when cooked. Whether a bird has been drawn or not, the first step is to pull out the pinfeathers. Then singe off the hairs over a flame quickly so as not to darken or scorch the skin. Cut off the head and feet if this has not already been done. Scrub the bird with a wet cloth and corn meal or a little mild soap. Rinse thoroughly and wipe the bird dry. Cut out the oil sac on top of the tail.

To draw the bird, first slit the skin lengthwise at the back of the neck, slip the skin down, and, without tearing the outer skin, remove the windpipe and crop. The crop will be found adhering to the skin close to the breast. Then cut the neck off short, and save it for making broth to use in the gravy.

When drawing turkeys, chickens, or guineas, cut crosswise of the body through the skin under the tail, making the cut only large enough to put the hand in; and leaving a band of skin and flesh under the tail so that the legs can be securely tucked in after the bird is stuffed. (See picture, p. 16.) The legs of ducks and geese are too short to tuck in, so make the cut for drawing them lengthwise of the body.

Insert the hand through the cut into the body cavity and draw out the entrails, heart, liver, and gizzard. Save the giblets (the heart, liver, and gizzard) to stew for the gravy. Be careful to remove every part of the lungs, which are located on each side of the backbone and between the ribs. The kidneys are in a hollow near the end of the backbone; remove them, too. After the body cavity is absolutely clean, the bird should be washed with cold water and wiped dry inside and out.

## Preparing and Cooking Giblets

To prepare the giblets for cooking, cut the green gall bladder out of the liver, being careful not to break this sac because it gives a bitter flavor to any meat it touches; remove fat from the gizzard, cut through the lean and discard the inside sac; slit the heart open and remove blood vessels and clots. Then wash the giblets in cold water.

Simmer the giblets with the neck of the bird in salted water to cover until they are tender. The time will vary with the bird, but allow 1 to 1½ hours for chicken giblets and 2 to 3 hours for those of a turkey. Allow the giblets and neck to cool in the broth.

## Stuffing and Trussing

When ready to roast the bird, sprinkle the inside with salt, and fill the body cavity with stuffing (see p. 16) but do not pack it in. Allow room for the stuffing to expand, as it will absorb some of the juices that cook out of the bird. Heat the stuffing in a large pan and put in hot if the bird is to be cooked at once; this speeds up the cooking somewhat. It may be more convenient to stuff the bird the day before it is to be cooked; if so, put the stuffing in cold and keep the bird well chilled so there will be no danger of spoilage. If held overnight, the bird absorbs some of the flavor of the stuffing; this may or may not be desirable.

To help to hold in the stuffing at the tail, slip into the opening the heel of a loaf of bread or any other large piece of crust. After stuffing turkeys, chickens, or guineas, tuck the legs under the band of skin. Put a stitch through the skin at the end of the breastbone and wrap the cord around the legs and under the tail to help hold the legs in place. After stuffing ducks or geese, or any other bird drawn with a cut made lengthwise of the body, sew the edges of the skin together, or lace them with twine and poultry pins, then tie the legs close to the body.

For all birds, stuff the loose skin at the base of the neck, again putting the stuffing in lightly without packing it. Fold the neck skin toward the back and fasten with a skewer, poultry pins, or a few stitches.

Fold the wing tips back on the wings, "arms akimbo" fashion. Or cut off the tips and tie the wings across the back close to the body. Do not tie string across the breast, for it will leave marks on the surface.

To make a stuffed trussed turkey, chicken, or guinea ready for the pan, rub it all over with butter or other fat, sprinkle with salt, and, if desired, dust lightly with flour. If the bird is very lean lay several strips of salt pork or bacon over it. Ducks and geese do not need any added fat; so sprinkle salt, and flour if desired, directly on the skin.

## In the Pan

For roasting a young bird use a shallow uncovered pan with a rack in the bottom. In a shallow pan a bird cooks more evenly and more rapidly than in a pan with high sides that retard the circulation of air. The rack in the pan keeps the bird from sticking and allows the hot air of the oven to circulate under the bird. It is possible to use the broiler tray and rack of some ranges, but the size of the tray interferes with the circulation of air, and is likely to slow down the cooking. The use of a very shallow broiler tray makes it necessary to pour off pan drippings from time to time as they cook out of the bird.

Start a stuffed and trussed turkey or guinea on one side of its breast on the rack in the shallow pan, a duck or a goose squarely breast down, and a chicken either sidewise or squarely on its breast, depending on its shape. Do not add water to the pan. Do not cover the bird with either a lid or a



blanket of dough or cloth. Water and coverings simply serve to steam a bird and steaming is not needed because the meat of young birds is tender to begin with. Moreover, steaming breaks the skin and forces juice out of the meat which detracts from the appearance of a bird and causes it to lose flavor and to shrink more than is necessary.

## In the Oven

Keep the temperature of the oven moderate, or even slow, for the entire cooking period. Suit the oven temperature to the weight of the bird, as shown in the roasting timetable on the next page. The larger the bird the more moderate the oven temperature should be, in order to cook the thick portions through to the bone without scorching the skin or overcooking the thinly fleshed parts. In a moderate or slow oven, birds are browned gradually and evenly until they are done.

Since the parts of a bird that stand high in the oven cook more quickly than those resting on the rack it is necessary to turn the bird from time to time so that all portions may be evenly done. For ducks, geese, and chickens started squarely breast down, turn alternately breast up and breast down. For turkeys, guineas, and chickens started with one side of the breast down, turn in order from one side to the other side, then turn breast up, and repeat. For best results, turn small and medium-sized birds (under 12 pounds) every 30 to 45 minutes, large birds (12 to 20 pounds) every hour, and very large birds at intervals of  $1\frac{1}{2}$  to 2 hours. To keep from breaking the skin in turning, lift the bird at the head and foot with clean folded cloths or paper towels to protect the hands.

At the time of turning, baste turkeys, chickens, and guineas with melted butter or other fat, or with pan drippings. Ducks and geese are self-basters. If they are excessively fat, prick the skin during roasting to let some of the fat drain out.

Cook poultry until it is tender and done to the bone, but do not overcook. When a bird is done the flesh is slightly shrunken beneath the skin, and the bird gives, or bends slightly, when picked up by the ends. The thick portions of the flesh of the breast and thigh of a well-done bird are tender and do not show pink juice when speared carefully with a skewer or a fork. The bird's joints are no longer stiff when "worked"; this indicates that the wings and legs will come off easily with the carver's knife. Also, the pan drippings contain, along with rendered fat, a moderate amount of meat juice which makes good gravy and is bound to cook out of well-done flesh.

The time required to cook a bird depends on weight, oven temperature, and other factors. No hard and fast rules can be given. The times suggested in the table are averages. Some birds will cook in less time; others will require longer. Times are given as total rather than as so many minutes to the pound, because at any oven temperature the time per pound

varies with the weight of the bird. Small birds in general require more minutes per pound than the larger ones.

It pays to give close attention to a bird to roast it to just the right turn. Few foods are as responsive to good cooking as a plump young roasting bird.

**Timetable for Roasting Young Birds**

<i>Bird</i>	<i>Dressed weight of bird, pounds</i>	<i>Oven tempera- ture, °F.</i>	<i>Time, hours</i>
Chicken .....	4- 5	350	1½-2
Duck .....	5- 6	350	2- 2½
Goose .....	10-12	325	3 -4
Guinea .....	2- 2½	350	About 1½
Turkey.....	6- 9	325	2½-3
	10-13	300	3½-4½
	14-17	275	5 -6
	18-23	250-275	6½-7½
	24-30	250	8 -9

**Savory Brown Gravy**

The quantity of well-flavored gravy that can be made from a roasted bird depends on how much juice, or stock, cooks out of the bird into the dripping pan and the amount and strength of broth obtained from the giblets. With a 4-pound chicken a reasonable yield of gravy is 1 to 1½ cups, with a 10-pound turkey 3 to 4 cups.

To make gravy, pour the drippings out of the roasting pan and let the fat rise to the top of the brown stock. Skim off the fat and set it aside. For each cup of liquid (brown stock and giblet broth with or without added water), measure 1½ to 2 tablespoons of flour and place in a roasting pan. With the flour blend an equal quantity of the fat skimmed off the brown stock. To the smooth mixture add the cool or lukewarm liquid slowly with constant stirring over a low fire. Cook the gravy until thickened, and if there are any lumps, beat smooth with an egg beater. Season the gravy to taste with salt and pepper, and, if desired, chopped parsley or any favorite herbs. Serve piping hot.

For giblet gravy, add the finely chopped or ground stewed giblets which have been cooked until tender (see page 12).

**Mushroom Sauce**

Wash ½ pound mushrooms and slice in pieces. Cook in 2 tablespoons butter or other fat in a covered pan for 5 to 10 minutes at moderate heat, then scoop them out and keep hot. With the drippings in the pan mix 2 tablespoons of flour. Then add 1 cup cool broth or milk and cook as directed in Savory Brown Gravy. Add the mushrooms to the sauce, and season to taste.

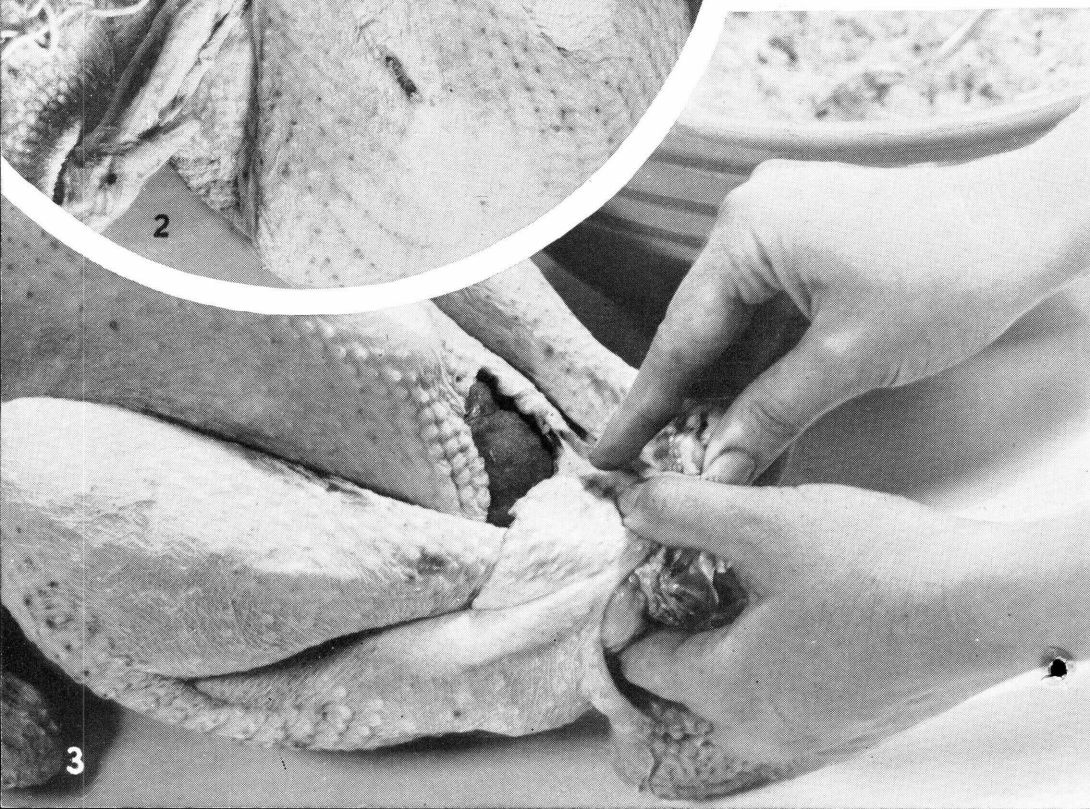
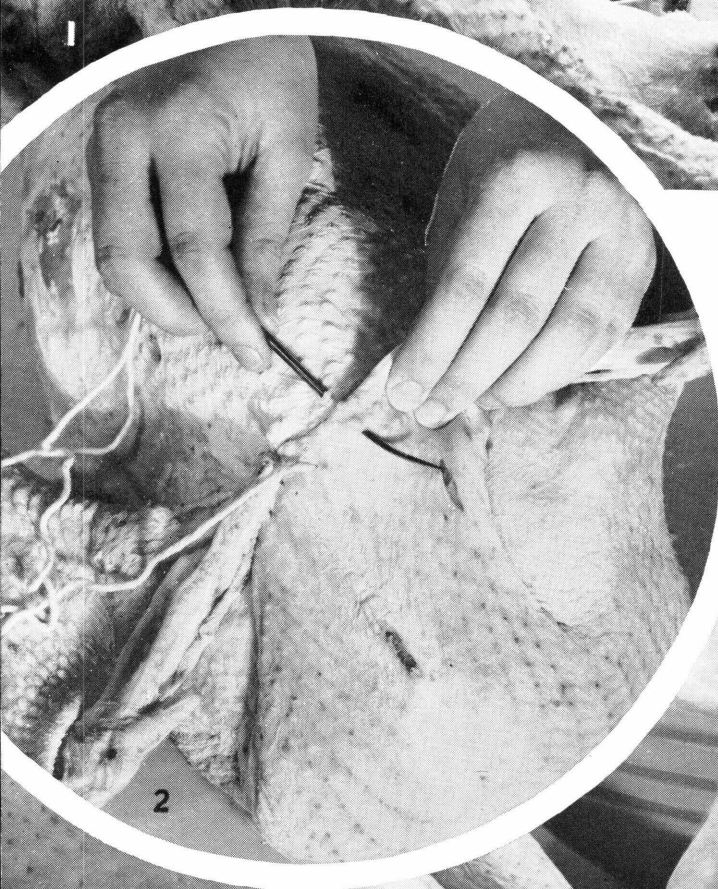


## ROAST

1—Stuff the body cavity, finish with a large piece of bread crust. Also stuff the loose skin at the neck.

2—Fold the neck skin toward the back and fasten.

3—Tuck the legs under band of skin and tie in place.

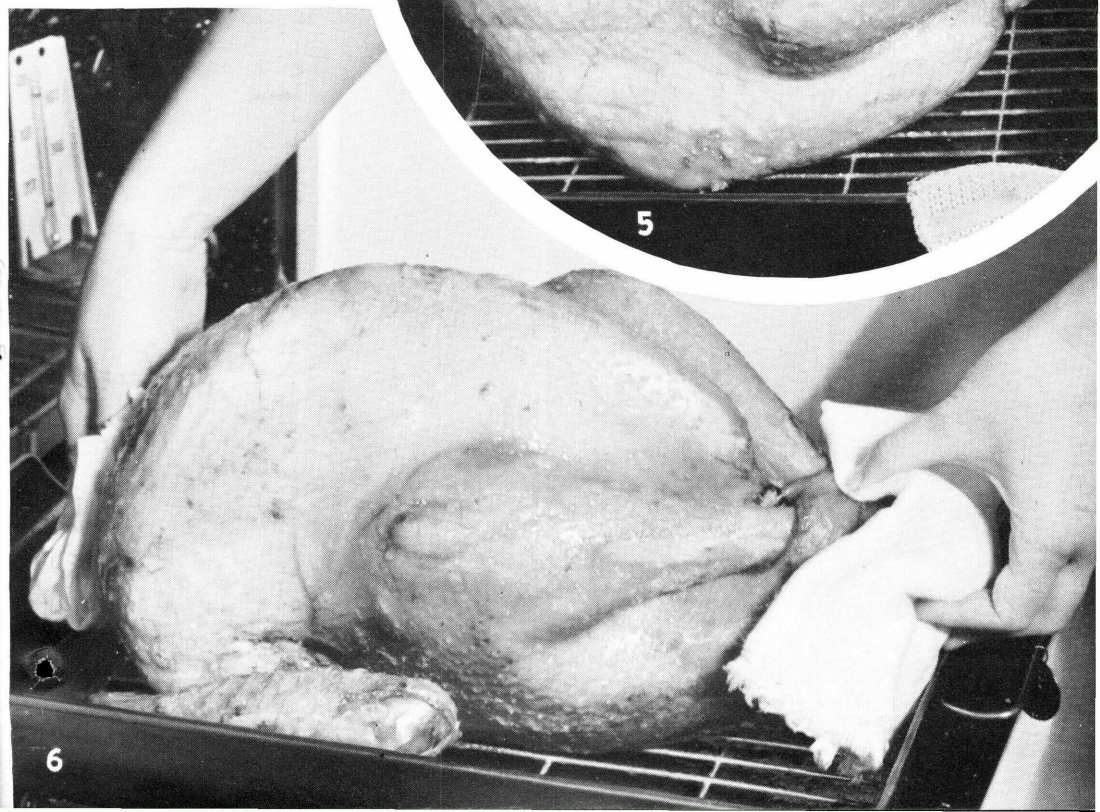
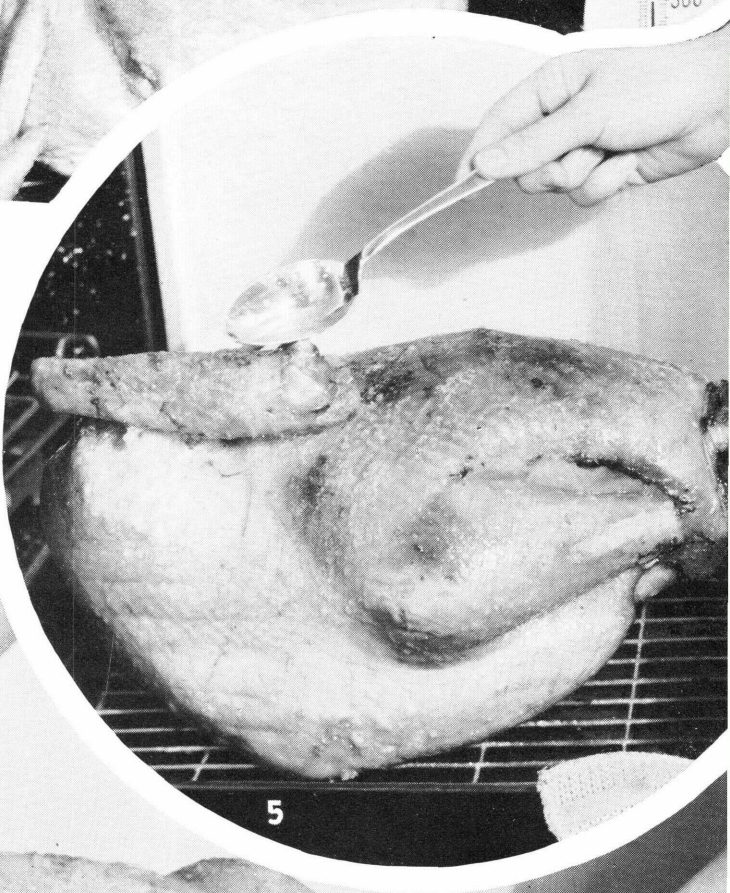






## TURKEY

- 4—Place on a rack in an open pan, breast down.
- 5—Baste with melted butter, other fat, or pan drippings.
- 6—For even cooking, turn from one side of the breast to the other, then breast up, and repeat.





## BRAISING

**B**RAISING in a casserole or a covered roaster combines browning with steaming and stewing and develops rich flavor in poultry as well as in other meats. Braising is a good method of cooking well-fatted birds past their prime for roasting but not necessarily in the stewing class—as, for example, laying hens or fowls up to 1½ years old. It is also good for young birds beyond the age for frying and too lean for open-pan roasting.

### Casserole Fowl with Vegetables

4- to 5-pound fowl	1 bunch celery
Salt and pepper	1 onion
Flour	1 green pepper
2 tablespoons butter or other fat	1 cup hot water
3 carrots	1 cup milk

Cut up the fowl, season with salt and pepper, sprinkle with flour, and brown in the fat in a frying pan. Remove the browned pieces to a casserole.

Chop the vegetables, and pour them into the frying pan to let them absorb the browned fat. Then transfer them to the casserole with the chicken, add a cup of hot water, and cover.

Cook in a slow oven (275° F.) for 3 to 4 hours, or until the bird is tender. Add more water from time to time, if necessary.

Just before serving, remove the pieces of fowl, and skim off excess fat from the mixture of broth and vegetables. With 2 tablespoons of this fat mix an equal quantity of flour and add with the milk to the contents of the casserole. Cook for 10 minutes longer, season to taste, and pour the



To braise fowl in a casserole, first season with salt and pepper, sprinkle with flour, and brown in a frying pan. Then place the browned pieces in a casserole



Pour the chopped vegetables into the frying pan to absorb the fat. Then transfer them to the casserole with the chicken, add hot water, and cover. Cook in a slow oven.

vegetable sauce over the fowl, or replace the pieces of meat in the sauce and serve from the casserole.

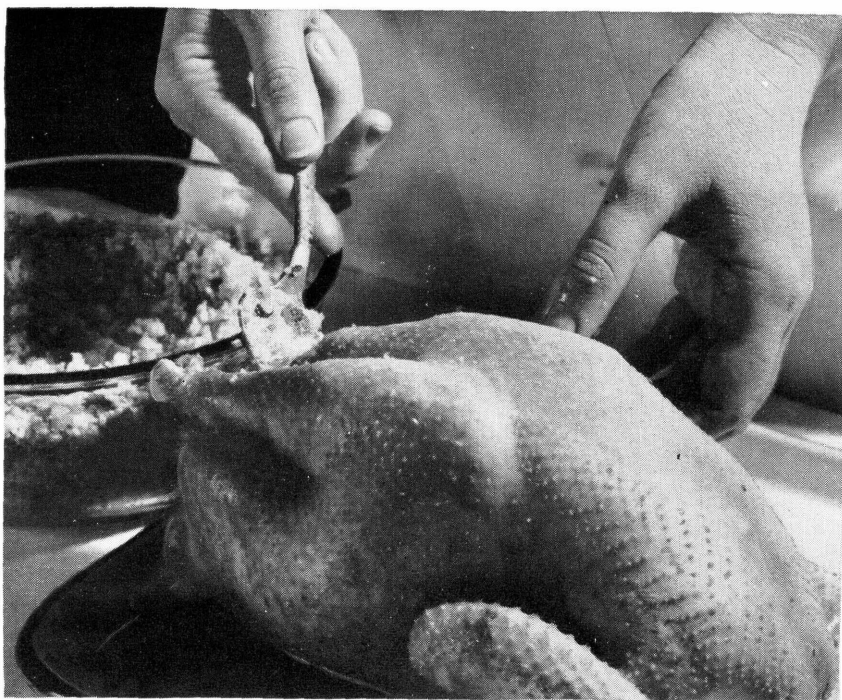
### **Braised Fowl with Corn-Bread Stuffing**

To braise a fowl in a covered roaster prepare and draw it as for roasting (page 12). Whether or not to give the bird a preliminary steaming depends on its age.

If the bird is young enough to have a flexible tip on the rear end of the breastbone, fill with stuffing (page 10), truss as for roasting, coat with melted fat, and sprinkle with salt and flour. Lay it on a rack in a roaster, cover, and cook it at an oven temperature of 350° F. Do not add water to the pan. Turn the bird occasionally for even cooking. A 5-pound fowl (dressed weight) will probably need 2 to 2½ hours to cook tender.

To braise an older bird, tuck the legs into the band of skin under the tail, and steam until partly done before stuffing the bird and putting it into a covered roaster. To steam, place the fowl breast up on a rack in a large kettle. Pour in boiling water up to the rack but not over the bird. Cover the kettle and let the water boil gently, but not furiously. Add more boiling water from time to time. After 1½ hours of steaming, remove the bird and stuff it, truss, coat with fat, and sprinkle with salt. Place the stuffed bird on a rack in a roaster, add 1 cup of broth from the steaming kettle, and cover the roaster. Cook in a moderate oven (350° F.) from 1½ to 2 hours, or until the fowl is tender. Turn the bird occasionally to cook it evenly. If the bird has not browned by the time it is tender, cook for a short time with the lid off. To make gravy follow the directions





**For braised stuffed fowl, steam partly done, stuff, finish in covered roaster.**

on page 15; the giblets of a fowl, however, require 3 to 4 hours to cook tender.

To braise other birds that are past their prime for roasting, follow the same general methods as for fowl. A 10- or 11-month-old turkey can be cooked in a covered roaster without preliminary steaming; a 10-pound bird (dressed weight) will probably require 4 hours at 325° F. oven temperature. A turkey between 1 and 1½ years old and weighing 10 to 14 pounds dressed will probably need from 2 to 3 hours of steaming, followed by 3 to 4 hours in a covered roaster, with the oven temperature 300° to 325°. The more moderate temperature is better for the larger birds.

### **Smothered Chicken**

Smothering is a good way to cook a lean young chicken. A small bird may be cooked whole, or a larger one disjointed as for frying. Sprinkle with salt, pepper, and flour. Brown the chicken in fat, then cover the pan and finish the cooking in a very moderate oven (300° F.). When the chicken is tender, remove from the pan. Make gravy with the drippings, following the directions on page 15. A 3- to 4-pound chicken will probably require 1½ to 2 hours to cook.

## STEWING AND STEAMING

**O**LD BIRDS need long, slow cooking in water or steam to soften connective tissue and make them tender. Birds cooked by steam or water give up juice and flavor. These are regained though, when the broth is made into savory gravy and served with the meat. Birds are stewed or steamed either whole or in pieces.

For stewing or steaming whole, draw and groom an old bird as for roasting. To stew, place the bird on a rack in a kettle, half fill the kettle with lightly salted water, partly cover, and simmer until the bird is tender. Simmer; do not boil. Turn the bird occasionally so that it will cook evenly throughout.

To steam, follow the same general method, but keep the bird breast up all the time, and add water only to the level of the rack. As the water boils away add more to keep a good circulation of steam around the bird all the time.

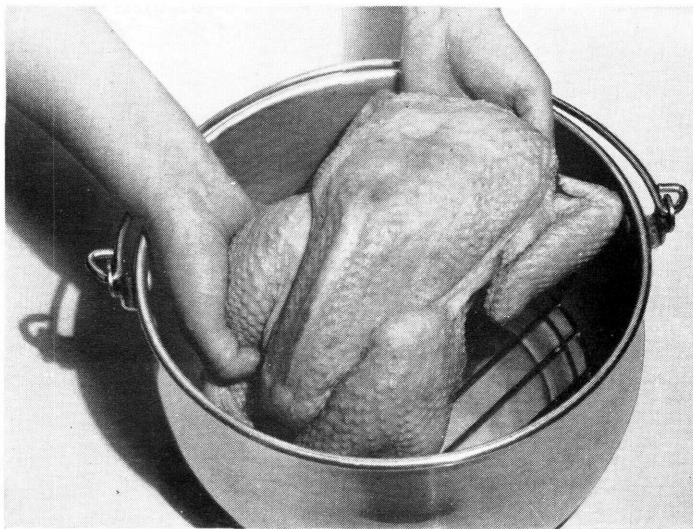
Stewed or steamed, a fowl will probably need 3 to 4 hours to cook tender; an old turkey, 5 to 7 hours, or longer. Or, to cut down cooking time, an old bird may be steamed under pressure, according to directions that come with the cooker.

Meat cooked in water or steamed is juicier if allowed to cool in the broth than if served at once. If possible, therefore, let a stewed or steamed bird stand in the broth, breast down, for an hour or more. The cooling should be done in as cold a place as possible because warm broth spoils easily.

A good way to dress up a bird stewed or steamed whole is to stuff it with well-seasoned mashed potatoes with or without seeded raisins added. Coat the stuffed bird with melted fat, sprinkle with salt and flour, place it breast up on a rack in a shallow open pan and brown in a moderate oven (350° F.).

To the chicken broth in the stewing or steaming kettle add a can of tomatoes and cook until the mixture is somewhat thickened. Skim off excess fat. For each cup of liquid, mix 1 to 1½ tablespoons of the fat with an

**To stew or steam a bird whole, place on a rack in a kettle and add hot water.**





equal quantity of flour. Stir several spoonfuls of the hot broth and tomato mixture into the blended fat and flour, then add to the rest of the mixture in the kettle, and cook for several minutes. Season to taste with salt. Serve the tomato gravy with the browned chicken.

### **Fricassee Fowl With Dumplings**

Disjoint a fowl into pieces for serving. Place the pieces in a kettle, add lightly salted water to cover, partly cover the kettle, and cook the fowl until tender. Simmer; do not boil. Allow 3 to 4 hours. When done, remove from the broth and keep hot in a warm, covered dish.

There should be from 3 to 4 cups of broth in the kettle. Skim off the fat and measure the broth. For each cup of skimmed broth mix  $1\frac{1}{2}$  to 2 tablespoons of the fat with an equal quantity of flour. Stir several spoonfuls of the hot broth into the blended fat and flour and then, stirring constantly, pour the mixture into the broth in the kettle. Cook the gravy until it is slightly thickened. If there are any lumps, beat the gravy smooth with an egg beater. Season to taste. The gravy is now ready for cooking the dumplings.

#### **Dumplings**

$\frac{3}{4}$ cup sifted flour	1 egg
$2\frac{1}{2}$ teaspoons baking powder	$\frac{1}{3}$ cup milk
$\frac{1}{2}$ teaspoon salt	

Sift the flour, baking powder, and salt together. Beat the egg, add the milk, and mix with the dry ingredients. Drop by spoonfuls into the boiling chicken gravy, cover tightly, and cook for 15 minutes. The cover must not be removed while the dumplings are cooking, for if the steam escapes they will not be light.

After the dumplings are cooked, an egg yolk may be added to the gravy for color and richness. Beat the yolk, stir into it one at a time several spoonfuls of the hot gravy, and add to the rest of the gravy, stirring constantly until smooth. Continue the cooking for a few minutes but be very careful not to overcook, as the egg will separate.

### **Curried Fowl With Carrots and Coconut**

Disjoint a fowl into pieces for serving. Cook as directed for Fricassee Fowl, and—when tender—remove the pieces from the broth. Skim the fat from the broth. Cook  $\frac{1}{2}$  cup of sliced onion in 3 tablespoons of the fat for a few minutes, stir in 3 tablespoons of flour, add slowly, stirring constantly, 1 pint of the cooled broth and cook until smooth and thickened. Add  $\frac{1}{4}$  teaspoon curry powder, salt to taste, chicken, and 2 cups of cooked shredded carrots. Serve hot with a border of flaky boiled rice. Grated fresh coconut may be sprinkled over the curried chicken.

## FAVORITE COMBINATIONS

**STEWED** or steamed until tender, cooled in the broth, and cut from the bones, the meat of an older bird is the start for a variety of good dishes, both hot and cold. So too are canned poultry and left-over tidbits. The following recipes call for chicken, but turkey, duck, goose, or guinea may be used equally well.

To make the most of left-overs, save all meat, bones, skin, fat, stuffing, and gravy. Stew the bones to make broth. Grind well-flavored skin and use it as a source of fat in sauces, gravies, or soups. All poultry fat with good flavor can be used instead of other fats. So save the drippings that cook out of a bird and render the excess fat removed before cooking. To render fat cut it in pieces and heat slowly, preferably in a double boiler. In such recipes as chicken loaf, substitute stuffing for bread crumbs, and gravy for part or all of the sauce made with broth and milk.

In these recipes cooked chicken is measured in cupfuls of meat cut from the bones. The yield of cooked meat varies with the weight of birds, the larger the bird the greater the proportion of meat to bone. Cut into small pieces, the cooked lean meat from a 4- to 5-pound fowl usually measures from 3 to 4 cups; that from a 10- to 12-pound turkey from 10 to 12 cups.

Since poultry is a very perishable food that spoils easily, either serve it promptly or chill it and hold at refrigerator temperature until time to serve. Left-overs should be cooled quickly, placed in the refrigerator as soon as possible, and not removed until time to use them.

The quantities of ingredients in the following recipes are sufficient to make five or six generous servings.

### Savory Creamed Chicken

4 tablespoons butter or other fat	3 cups chicken broth
1 cup chopped celery	$\frac{1}{2}$ to 1 cup cream
1 tablespoon chopped onion	Salt
$\frac{1}{4}$ green pepper chopped	3 cups diced cooked chicken
$\frac{1}{2}$ cup flour	

In the fat cook the celery, onion, and pepper for a few minutes. Stir in the flour and blend thoroughly. Then stir in the cool or luke-warm broth and cream, and cook the sauce until smooth and thickened. Season to taste with salt. Add the chicken. Heat the mixture thoroughly and serve hot in a rice or noodle ring, in patty shells, on waffles, on crisp toast, or in toasted bread baskets.

Other good ways to serve creamed chicken are as filling for hot biscuits in chicken shortcake, in chicken and spaghetti scallop topped with buttered crumbs and browned in the oven, or as chicken pie under a lid of biscuit rounds (see illustration on back cover) or mashed potatoes.



Scalloped creamed chicken and spaghetti topped with buttered crumbs.

## Chicken á la King

- |                                  |                               |
|----------------------------------|-------------------------------|
| 6 tablespoons fat                | 1 teaspoon grated onion       |
| 6 tablespoons flour              | 3 egg yolks                   |
| 1 cup milk or chicken broth      | Salt                          |
| 2 cups cream                     | Paprika                       |
| 1 green pepper, chopped          | 3 cups diced cooked chicken   |
| ½ pound mushrooms, cut in pieces | ½ cup finely chopped pimiento |

Make a white sauce with 5 tablespoons of the fat, the flour, the milk or broth, and 1½ cups of the cream. In the other tablespoon of fat cook the green pepper, mushrooms, and onion over low heat for about 5 minutes. In the meantime beat the egg yolks, stir in the remaining half cup of cream, and add the mixture to the sauce. Do not overcook the sauce after the egg yolks are put in. Then add the cooked vegetables, the salt and paprika to taste, and the chicken and pimiento. When the mixture is heated thoroughly, serve on crisp toast, in patty shells or toasted bread baskets, or on waffles, biscuits, or rice.

## Chicken Loaf

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 4½ tablespoons butter or other fat | 2 tablespoons chopped green pepper |
| ½ cup flour                        | 3 cups bread crumbs                |
| 1 cup chicken broth                | 1 quart chopped cooked chicken     |
| ½ cup milk                         | Salt                               |
| 1 tablespoon chopped onion         |                                    |

Make a thick sauce with 4 tablespoons of the fat and the flour, broth, and milk. In the rest of the fat cook the onion and pepper. The bread crumbs are the soft fluffy kind pulled apart with the fingers. Mix the sauce, cooked vegetables, bread crumbs, and chicken. Season to taste with salt. Put the mixture into a greased deep pan and bake in a moderate oven (350° F.) until the loaf is well browned all over. The time required will probably be from 1 to 1½ hours.

When the loaf is done, turn it out on a hot platter. Serve hot or cold.

## Chicken Croquettes

4 tablespoons butter or other fat	1 tablespoon chopped parsley
5 tablespoons flour	Salt and pepper
1 cup milk	1 egg
½ cup broth	1 tablespoon water
3 cups ground or finely chopped cooked chicken	Dry sifted bread crumbs
1 teaspoon finely chopped onion	Fat for deep frying

Make a thick sauce with the fat, flour, milk, and broth and let it stand until cold. When the sauce is cold, add the chicken, onion, and parsley and salt and pepper to taste. Mold the mixture into croquette shapes. Dip into the egg beaten up with the water, roll in the bread crumbs, and allow to stand for an hour or longer in a cold place to dry the coating.

Heat the fat in a deep kettle to 350° F., or until an inch cube of bread browns in 40 seconds. Then carefully place several croquettes at a time in a frying basket, lower slowly into the fat, and cook until brown. Remove the fried croquettes and drain on absorbent paper. Serve hot with parsley garnish. If desired, serve thin cream gravy or mushroom sauce with croquettes (see pages 7 and 15).

Croquettes can be baked instead of fried if preferred. Make the mixture stiffer for baking by adding bread crumbs to the above ingredients. Mold these croquettes into flat cakes, coat with crumbs and egg as described. Bake in a greased pan at 400° F. until browned on the bottom; then turn the croquettes to brown them on the other side.

## Chicken Souffle

½ cup butter or other fat	3 cups ground cooked chicken
½ cup flour	2 tablespoons chopped parsley
1 pint milk	Salt
1 cup chicken broth	4 eggs
½ cup bread crumbs	

Make a thick sauce with the fat, flour, milk, and broth. The bread crumbs are the soft fluffy kind pulled apart with the fingers. Add the crumbs, chicken, parsley, salt according to taste, and the beaten yolks of the eggs. Fold in the egg whites, beaten stiff. Place the mixture in a greased baking dish or in individual baking dishes or custard cups. Set in a pan of warm water and bake in a very moderate oven (325° F.) until the souffle mixture is firm. The time required will probably be from 1¼ to 1¾ hours.

Serve the souffle in the dish in which it is cooked, or, if preferred, turn the individual souffles out onto a hot platter. Thin cream gravy or mushroom sauce may be served with the souffle (see pages 7 and 15).

Chicken souffle made of white meat is a dressier dish than that made of dark meat.



## Chicken Timbales

3 tablespoons butter or other fat	3 eggs
3 tablespoons flour	Salt and pepper to taste
1½ cups broth, milk, or thin gravy	3 cups ground cooked chicken
	1 tablespoon chopped parsley

Make a sauce of the fat, flour, and liquid. Add the well-beaten eggs, seasoning, and chicken, and mix thoroughly. Pour into greased timbale molds or custard cups. Place the cups in a pan of water. Bake in a moderate oven (350° F.) about one-half hour, or until set in the center. Turn the timbales out and serve hot with thin cream gravy or mushroom sauce (see pages 7 and 15).

## Chicken Risotto

2 cups or more chopped cooked chicken	2 tablespoons butter or other fat
1 quart chicken broth	¾ cup rice
1 onion, chopped	Grated cheese

Making a risotto is an excellent way in which to use left-overs of chicken or other birds. Take the meat off the bones and chop it. Stew the bones in enough water to make a quart of broth and add any left-over gravy that will furnish chicken flavor. In a large frying pan cook the chopped onion for a few minutes in the fat, add the chicken broth, and when it boils up rapidly, sprinkle the rice in slowly. Cover the pan, simmer the rice for about 25 minutes, or until the grains swell and become soft, and shake the pan from time to time to keep the rice from sticking, but do not stir it unless absolutely necessary. By the time the rice is done, it will have absorbed the broth, and the grains will be large and separate. Then add the small pieces of chicken and salt to taste, turn the mixture onto a hot platter, and sprinkle generously with grated hard cheese.

## Chicken Chop Suey

1 green pepper, shredded	1 tablespoon cold water
2 cups shredded onion	2 cups chopped cooked chicken
2 tablespoons butter or other fat	2 cups sliced Brazil nuts or Jerusalem artichokes
2 cups shredded celery	Soy sauce
2 cups chicken broth	Salt
1 tablespoon cornstarch	

Cook the green pepper and onion in the fat for a few minutes. Add the celery, broth, mixed cornstarch and water, stir until smooth and slightly thickened, cover, and simmer for about 5 minutes. Add the chicken and nuts or artichokes, heat thoroughly. Season to taste with soy sauce and salt. Serve with hot flaky rice and fried noodles, on crisp toast, with grits, or as a separate dish.

## Fried Breast Fillets

Stew or steam an older bird and allow it to cool breast down in the broth. Remove the breast meat from the bone, taking care to keep the meat from shredding or tearing. If the two halves are small leave them uncut; but cut the breast meat of large birds in thick cross sections. Dip the pieces of breast in egg and crumbs or in thin batter prepared as directed under Fried Chicken (p. 7). For an extra touch, add chopped, toasted almonds to the batter. Fry the pieces of breast slowly in shallow fat, turning to brown all sides, or fry in deep fat. Drain on absorbent paper, and serve the fillets either hot or cold.

## Chicken Mousse

1 cup clear chicken broth	½ cup ground toasted almonds
3 egg yolks	2 tablespoons chopped parsley
1 tablespoon granulated gelatin	½ teaspoon grated onion
1 tablespoon cold water	Salt
1 cup ground cooked chicken (white meat)	Paprika
	1 cup heavy cream

Prepare clear chicken broth as described under Chicken Consomme. Beat the egg yolks and add the broth. Cook over hot water until the mixture begins to thicken; then remove from the water to prevent overcooking. To the hot mixture add the gelatin soaked in the cold water and stir until the gelatin dissolves. Add the chicken, almonds, parsley, onion, and season to taste with salt and paprika. Cool the mixture in ice water, and as soon as it begins to stiffen, fold in the cream, which has been whipped. Have ready a mold rinsed out with cold water; pour in the mixture and chill. When it has thoroughly stiffened, turn the mousse out and serve with crisp lettuce, watercress, or other salad greens.

## Braised Giblets and Mushrooms

Prepare 1½ pounds of giblets for cooking as directed on page 12, or use 1 pound of giblets already cleaned. If there are any green streaks on the livers cut these portions out.

Cut the gizzards and hearts into pieces, sprinkle with salt, pepper, and flour, and brown in butter or other fat. Add water to cover, put a lid on the pan, and cook slowly until the meat is tender. Simmer; do not boil. Allow about 1½ hours of stewing for the gizzards and hearts of frying chickens, and about 3 hours for those of fowl.

Livers should be cut into pieces before being cooked. Since livers cook in less time than gizzards and hearts, fowl livers should be added to gizzards and hearts about 2½ hours after the latter have been put on to stew. The livers of frying chickens, however, are best sprinkled with salt, pepper, and flour, and cooked slowly in fat, without added water, for about 10 minutes—or just long enough to change the color—and served at once.

When the giblets are done, scoop them out of the pan and keep them hot. In the pan drippings place  $\frac{1}{2}$  pound of mushrooms cut in pieces, and cook slowly for 5 to 10 minutes, then remove the mushrooms and add to the cooked giblets. Skim the fat off the pan drippings. Dilute the broth with enough milk or water to make 3 cups of liquid. To make gravy, add blended flour and fat in the proportion of  $1\frac{1}{2}$  to 2 tablespoons of each to 1 cup of liquid as directed on page 15, cook for a few minutes longer, and season to taste. Serve the giblets, mushrooms, and gravy piping hot on toast or with rice. Garnish with sprigs of parsley.

### Sautéed Chicken Livers

Prepare  $1\frac{1}{2}$  pounds of livers of young chickens for cooking as directed on page 12. If there are any green streaks on the livers cut these portions out. Cut into medium-sized pieces, and sprinkle with salt, pepper, and flour. In a frying pan melt 2 tablespoons of butter or other fat, and when it is moderately hot, add the liver. Cook slowly for about 10 minutes or just long enough to change the color of the liver. Serve at once with the drippings poured over the pieces of liver, and chopped parsley sprinkled on top.

### Chicken Gumbo

- |   |                               |
|---|-------------------------------|
| 1 fowl  | $\frac{3}{4}$ pound cured ham |
| 1 quart of fresh skinned chopped tomatoes or of canned tomatoes | 1 quart sliced okra           |
| 1 large onion, chopped  | Salt to taste                 |
| 1 sprig parsley   | Dash of cayenne               |

Disjoint a fowl into pieces for serving. Place the pieces in a kettle, add lightly salted water to cover, partly cover the kettle, and cook until tender. Simmer, do not boil. Allow 3 to 4 hours.

When the bird is about half done, skim off the fat, and add to the chicken and skimmed broth the tomatoes, onion, and parsley. Then dice the ham, or cut it in strips, brown the pieces in the ham fat, and transfer them to the kettle. Wash and stem the okra and cut in one-half inch slices. In the ham drippings brown the okra and add it also to the chicken. Continue to cook slowly until the chicken and ham are tender and the sauce has a fairly thick consistency. Add salt to taste and a dash of cayenne. Serve with flaky cooked rice.

### Chicken Soups

#### Consomme

Prepare chicken broth by stewing or steaming a bird whole or in pieces, as described in Stewing and Steaming, or by cooking necks, wings, feet, and other bony pieces until the meat drops off the bones. To prepare feet

for cooking wash them thoroughly, then pour on boiling water to cover, drain, pull off skin and nails.

For seasoning, cook in the broth several stalks of celery with the leaves, an onion, 1 or 2 bay leaves, and salt to taste.

Strain the broth and chill it. Skim off all the fat. To clarify the broth, put it on to heat, stir in the crushed shell and the beaten white of an egg, bring to a boil, and strain. If the broth is not clear, repeat the process, using another egg.

Serve consomme piping hot, or as ice-cold jellied consomme. For the latter, add gelatin if needed to stiffen the broth to the desired consistency. The concentrated broth from young birds will usually contain enough gelatin of its own, but that from old birds will probably require from  $\frac{1}{2}$  to 1 tablespoon of gelatin to 1 pint of liquid.

### Chicken Noodle Soup

Chicken noodle soup is made in the same way as consomme, except that the broth does not need to be clarified. Noodles and chopped or shredded vegetables should be cooked in the broth until tender, and chopped cooked chicken may also be added before serving.

### Cream of Chicken Soup

Prepare chicken broth and strain it as described for Consomme. In the broth cook until tender green peas and shredded carrot, onion, and celery. Add milk. For thickening, mix flour and fat in the proportion of  $\frac{1}{2}$  to 1 tablespoon of each to 1 cup of liquid. Stir several spoonfuls of the hot mixture into the blended flour and fat, and then add with constant stirring to the rest of the mixture in the kettle. Or, if preferred, omit milk and thickening and add cream to the chicken broth and vegetables. Season the soup to taste and serve piping hot with chopped parsley sprinkled over the top.

### Jellied Chicken

1 pint clear broth	2 tablespoons chopped pimiento
Gelatin	2 tablespoons chopped parsley
1½ cups chopped cooked chicken	½ teaspoon grated onion
1 cup finely cut celery	Salt to taste

Prepare the broth as described for Chicken Consomme, and add gelatin to stiffen, following directions for jellied consomme. When the mixture begins to set, fold in the chicken and other ingredients. Then pour the mixture into a single mold that has been rinsed out with cold water, or into individual molds. When thoroughly stiffened, turn the jellied chicken out on crisp lettuce. To release from the mold, set the lower part of the mold in hot water for a moment. Serve with salad dressing, and garnish with radish roses and slices of hard-cooked eggs.



## Club Sandwich

Toast	Large ripe, skinned tomatoes sliced
Lettuce	thin
Cold sliced chicken	Thick salad dressing
Cooked bacon or ham	Radishes, olives, or pickles

Make double-decker sandwiches with slices of toasted bread from which the crust has been removed and the other ingredients arranged in layers of lettuce, chicken, bacon or ham, and tomato, with enough salad dressing to moisten.

Insert toothpicks to hold the sandwiches together and garnish with crisp lettuce and radishes, olives, or pickles.

## Chicken Salad

To 3 cups of cooked chicken, cut into small pieces of even size, add thick salad dressing. Let the mixture stand in a cold place for several hours. Shortly before serving, add 2 cups of cut celery and more salad dressing if needed to coat all the pieces. Season to taste with salt.

If desired, add one-fourth cup of capers when the chicken and celery are combined. Hard-cooked eggs, sliced or cut in quarters, may be used as a garnish, or mixed with the salad to make it go further.

Some cooks like to marinate the chopped chicken before mixing it with the celery and salad dressing. For the marinade, which is a form of French dressing, remove  $\frac{1}{2}$  cup of fat from the broth of a stewed or steamed chicken; to this fat add an equal quantity of vinegar seasoned with onion, tabasco sauce, and salt. Let the chicken stand in the seasoning liquor for several hours, then drain and combine with the salad dressing and celery.

When ready to serve, pile the salad on crisp lettuce or in tomato cups. Or serve in long rolls from which the crumbs have been scraped out (see picture below). Or use the salad as a filling for sandwiches.





Double-decker club sandwich.

## COOKING SMOKED TURKEY

The meat of turkeys and other birds, when cured and smoked by home methods, has some of the characteristics of ham and, like ham, is excellent baked, boiled, or sliced and fried.

To bake a young smoked turkey, begin by washing it thoroughly inside and out and soaking it overnight in enough cold water to cover. Wipe it dry throughout. Stuff the bird if desired, but in making the stuffing omit salt as some of the juice that cooks out of the bird goes into the stuffing and seasons it. Tie legs and wings as close to the body as possible. Place the bird on one side of its breast in a shallow pan. Do not add water and do not cover the pan. Bake in a slow oven, 250° F. Turn the bird for even cooking, as described on page 14. Do not baste with the pan drippings, as the fat is likely to be strong in flavor. Baste, instead, with a mixture of brown sugar and vinegar, flavored with a dash of cloves or mustard. When baked very slowly at 250° F. a young turkey weighing 9 to 10 pounds (cured, smoked, and ready for the pan) will probably require about 4½ hours.

If the bird is an older smoked turkey, wash it thoroughly and cook it in water, whole or in pieces. Simmer, do not boil. A sliced onion and several stalks of celery added to the broth improve the flavor. The cooking time required by a 10-pound turkey (cured, smoked, and ready for the pan) will probably be from 4 to 5 hours. If possible, cool the bird in the broth.

Serve baked or boiled smoked turkey in thin slices, hot or cold.

The breast meat of very large young smoked turkeys is sometimes cut

off the bones before being cooked. When sliced across the grain, about  $\frac{1}{2}$ -inch thick, floured lightly, and fried slowly in butter or other fat, these smoked turkey steaks are delicious.

Use left-overs in the same ways as cooked ham, creamed on crisp toast, scalloped with noodles, minced in potato cakes, ground and mixed with cream cheese and stuffed into green peppers for salad, or in fillings for sandwiches.

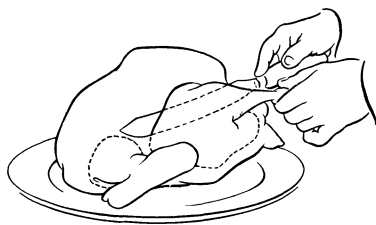
## SUGGESTIONS FOR CARVING

Furnish the carver with a two-tined carving fork and with a long-bladed, pointed knife sharp as a razor. Serve the bird on a platter large enough to give the carver plenty of working space and not overloaded with garnish or other trimmings. Unless the platter is very large, another plate should be provided for the carver's use.

Place the bird—turkey, chicken, guinea, duck, or goose—on its back on the platter. If steadied with a wedge of bread or apple under each side, the bird will keep its place better than when left free to slide about. Paper frills placed on the ends of the drumsticks are decorative as well as useful in handling the bird during carving.

Set the platter on the table with the legs pointing either toward the carver or pointing to the carver's right. The carver may stand or sit, depending on personal preference; usually a person with short arms prefers to stand.

Whatever the bird to be carved, first remove one leg from the body. Insert the fork in the thigh to hold the bird firmly, or with the fingers of



the left hand grasp the end of the leg bone; then cut cleanly between the leg and the body and, with a slight twist on the end of the drumstick, the leg of a turkey, chicken, or guinea will usually separate easily. The leg of a duck or goose is more difficult to dis-

joint. Once the leg is separated, cut the skin between the leg and the back. On a turkey be careful not to cut the "oyster" in two. The oyster is a small oval of exceptionally delicious dark meat that lies in the hollow of the back in front of the hip socket joint.

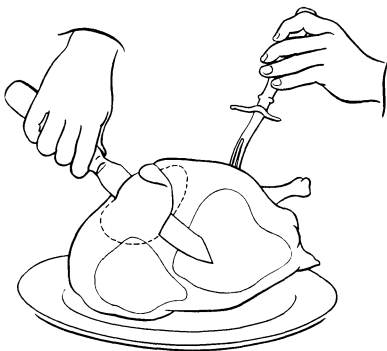
Next, lift the leg portion to a smaller plate, unless there is plenty of room on the edge of the platter. Separate the drumstick of turkey and other large birds from the second joint and slice the meat from the bone.

Now remove the wing from the body. To do this start the cut about  $\frac{3}{4}$  to  $1\frac{1}{2}$  inches above the point where the wing seems to join the body, depending on the size of the bird. Cut at an angle of about  $45^\circ$ , and

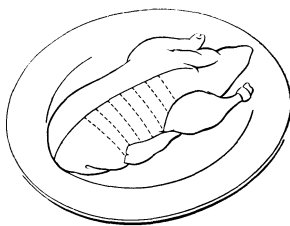


you will hit the joint. Remove the wing also to the second plate and, if that of a turkey, separate at the elbow joint.

For turkey, chicken, or guinea place the fork squarely across the blade or ridge of the breastbone, to anchor the bird down with the left hand while carving the breast in slices. Use a slight sawing motion. The trick in carving here is to keep the left hand still, holding the bird firmly on the platter, while the right hand does the carving. The breast of these birds is usually sliced down and away from the carver.

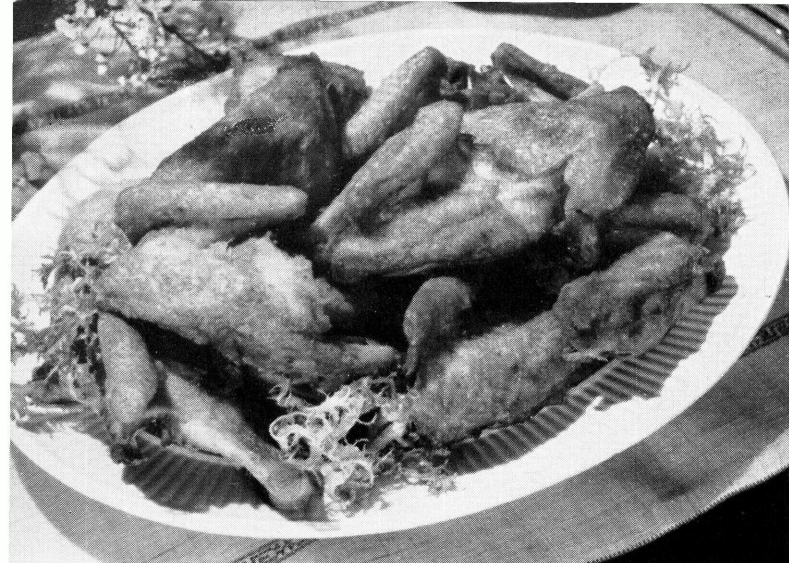


The breast of duck and goose is too shallow to carve like turkey, chicken, or guinea. One of the ways to carve duck and goose is to run the point of the carving knife under the flesh to loosen it from the breastbone, then to cut sections from  $1\frac{1}{2}$  to 3 inches wide across the grain of the meat and at right angles to the ridge and lift them off the bone. Another way is to cut the breast of duck or goose in long thin slices with the grain and parallel to the ridge, then to run the knife under them and lift them off the bone.



For any bird, after carving the first piece of breast, begin to serve the plates by taking a spoonful of stuffing and arranging beside it a portion of the bird.

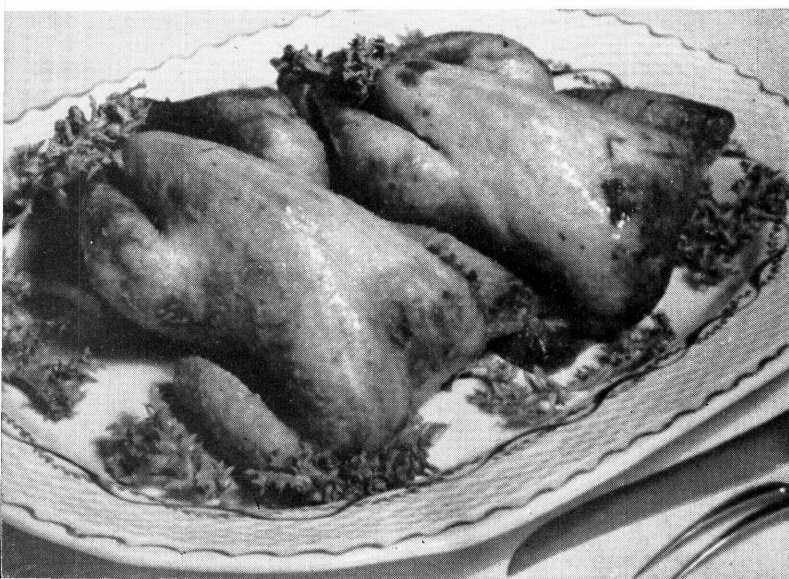




*Poultry  
may be -*



broiled  
fried  
roasted  
braised  
stewed  
steamed



*used in  
other ways*